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BREXIT
'Internationalism is the birthright of my generation. Or so we thought.'

ROSEMARY WESTWOOD
metrOVIEWs

TROUBLED WATER

Homeowner suing the city over a pool it won't let him build

metroNEWS



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The designated pool site according to City of Winnipeg documents. CONTRIBUTED

Homeowner denied backyard pool permit takes city to court

DEVELOPMENT

Construction not allowed in floodway areas, says solicitor

Stephanie Taylor
Metro | Winnipeg

A seven-month saga between a homeowner and the City of Winnipeg over building a backyard pool in a flood zone is headed to court.

Manfred Andreas Pflug signed a sworn affidavit filed at the Court of Queen's Bench on June 6, seeking a court order demanding the city issue a construction permit to build an unenclosed swimming pool on his property at 293 Christie Rd.

In a written statement, Pflug details that he and his wife, Ilse,

purchased the 1.9 acre property adjacent to the Red River 34 years ago, and constructed a four-bedroom home with a three-car garage in 2004.

"Over the years Ilse and I have often discussed building an unenclosed, in-ground swimming pool on the property, as we have enough room for it and many of our neighbours have pools that they enjoy throughout the summer," the statement reads.

The document cites a city map that shows a portion of the property lies in what's called a "designated floodway fringe area" and "a designated floodway area" — zones established by the province for flood protection in 1981.

The statement says after several years of consulting with pool companies, the Pflugs selected a quote from Aquatech to build a 20-by-40-foot in-ground pool behind the house. However in November 2015,

the company was denied a construction permit on the basis the pool was located in the floodway fringe area.

Other locations were also deemed "unacceptable" as there would be insufficient space to build a 4.6-metre dike between the home and pool, as is required by a city policy about sandbagging, according to the statement.

"You are simply not correct,"

I have a fairly large nice property. I don't have a cottage, I'd just like to put a pool in. Manfred Pflug

It says Pflug then instructed his lawyer to email city staff "demanding a construction permit for the pool be issued."

Documents attached to the statement show an email exchange between Pflug's lawyer and the city's legal department, revealing staff felt the proposed pool location was actually within the designated floodway area.

City solicitor James Carter cites a section of the City of Winnipeg Charter Act that prohibits the construction of "works" in designated floodway areas unless they are for the public service.

"Works" means "excavations, which would be necessary to construct a swimming pool," writes Carter.

"Where do you find 'swimming pool' in there? We will give you two weeks to issue the permit. Thereafter I take instructions whether to sue ... and seek costs against you."

Again an application for a construction permit was filed. Again it was denied. Pflug then appealed the city's decision, this time appearing before the city committee on planning, property and development in mid-May to plead his case.

He argued flooding had never threatened his property, and the city's decision comes down to a legal sticking point on what constitutes a "work," which according to the act's definition, excludes swimming pool.

"You're reading in something that doesn't exist in that act, and I feel that I'm being punished for that reason," Pflug told committee members in May.

Ultimately, the committee sided with city staff to uphold the denial of the application.

John Kiernan, director of the planning, property and development department, acknowledged the dispute was "nuanced," but told the committee he anticipated a num-

ber of other projects coming forward to develop in flood protection areas.

Staff highlighted the risk of building in a designated floodway area was it would restrict the flow of water and raise flood levels.

They added that an application had been made to the province to move the flood line at the property, but it too was denied.

Pflug recently reiterated to Metro his decision to pursue legal action boils down to his difference in opinion over the legal interpretation of the term "works."

"The matter is still active in the courts, and has been adjourned to the contested list to allow the parties to prepare their respective material," city spokesperson Alissa Clark wrote in an email to Metro.

"A date for the hearing will be set when such materials are filed."

RAPID TRANSIT

Hydro deal sets bad precedent: Officials

Councillors say they're worried recent negotiations with Manitoba Hydro that saw the city pay a premium on land could spill over to negotiations with CN Rail.

The city recently paid \$20.4 million for Hydro land they were originally told was worth \$4.4 million. As a crown corporation, Hydro land cannot be expropriated — the same with CN land.

"That's a concern that I raised at our last council meeting ... agreeing to this \$1.2-million per acre valuation, what it does potentially to other valuations," said Coun. Scott Gillingham after a finance committee meeting, at which transit manager Dave Wardrop provided an update on the \$587-million second phase of the Southwest corridor for Bus Rapid Transit.

"It's still early to ultimately know what the future valuations will be on land that we cannot expropriate," Gillingham said.

Coun. Janice Lukes shares his

concerns and said she only has past experiences to draw upon to inform her expectations.

"In my short time here (in city hall), I've seen many negotiations with rail lines that have actually been very favourable," she said. "I can't say the same about Hydro."

Since the Hydro deal, and the "precedent that was set," she thinks, "all expropriations related to the transit corridor are a concern."

"All I can say is I'm optimistic, just basing it on what I've seen in the past," Lukes said.

Wardrop said "exciting news" regarding the BRT project will be revealed to councillors late this week.

Gillingham said his hope "is that the ultimate number (for cost)... is even lower than the budgeted amount."

Wardrop told the committee that Winnipeggers will be shown the final corridor design at an open-house in mid-July.

BRAEDEN JONES/METRO



Coun. Janice Lukes said negotiations with rail lines have been favourable, but that may soon change. METRO FILE

IN BRIEF

Child frees himself from would-be abductor

Police said a child managed to escape his would-be captor in East Kildonan over the weekend.

They said the boy, 11, was walking on Simpson Avenue near Besant Street when a man got out of his car and screamed, "Get in my car now." The man grabbed his arm and dragged him toward the car. The boy hit the man's arm and broke free.

Police are looking for an indigenous man in his 20s with a goatee and moustache with stained and missing teeth. METRO

Warrant issued after hotel employee bitten on ears

A warrant has been issued for a man following a vicious hotel assault in which parts of an employee's ears were bitten off.

Police are also looking for a woman in her 20s who they allege took part. They say a 40-year-old woman was working at the hotel early Sunday when she was confronted by two people after refusing them service.

Police say Donald Loupelle, 44, who goes by Rocky, is wanted for aggravated assault.

THE CANADIAN PRESS



Sandra Geisbrecht gets taken into custody in Bruce Park in St. James. SHANNON VANRAES/FOR METRO

Mom hit cruiser to get away, say police

CHASE

Woman was arrested Friday for allegedly abducting kids



Elisha Dacey

Metro | Winnipeg

Winnipeg police said a woman suspected of abducting her two children hit a police cruiser in order to get away.

Sandra Giesbrecht, 44, was arrested and charged over the weekend with abducting her kids, 11 and 9, when she didn't have a custody order and fleeing police.

The allegations against Giesbrecht have not been proven in a court of law.

Police said Saturday they were responding to information from the public when they spotted the children's mother driving an SUV on Amherst Street with the kids inside on Friday evening. Police said they tried to stop the vehicle, but she refused and led police on a brief low-speed chase.

Police said she stopped the Ford Expedition on Deer Lodge Place and tried to run on foot but she was taken into custody in Bruce Park in St. James.

"She did make contact with one of our cruisers, causing some damage not only to the vehicle she was operating but one of our cars. She was able to

When we talk about pursuits, we're not necessarily talking about high speeds or necessarily erratic driving. Const. Jason Michalyshen

evade us briefly," Const. Jason Michalyshen said about the pursuit.

"When we talk about pursuits, we're not necessarily talking about high speeds or necessarily erratic driving. We were certainly concerned for her safety and for the safety of the children," he said.

The kids were unharmed and are now in care, said police.

Michalyshen said police are still trying to determine who owned the Ford Expedition. It wasn't hers, he said, and may have been borrowed from a

friend.

Earlier this week, a Winnipeg police detective made a heartfelt plea to see the mother of two missing children return them home safely.

"We care, Sandra," said Det. Shaunna Neufeld, speaking through the media on Thursday.

"I am here as a support for you. We all want to help and to make sure your interests and that of your children are taken care of," Neufeld said.

WITH FILES FROM BRAEDEN JONES AND THE CANADIAN PRESS

SPEEDING

Fear not driving ticket drop: Councillor



Braeden Jones

Metro | Winnipeg

The number of speeding tickets handed out in school zones has fallen — and it might be because enforcement is "working."

"It would seem the evidence is showing it is driver behaviour that is changing in the school zones," said Coun. Scott Gillingham after receiving a

report on ticket revenue.

"That, ultimately, is what we wanted, because it's a matter of safety."

In March 2016, police issued 2,763 tickets in school zones — compared to 5,988 in March 2015.

Similar reductions were seen throughout the first quarter of 2016, while the number of tickets declined by more than 1,170.

When these numbers first came before the police board in

early May, Gillingham was curious whether it was increased enforcement that scared people into slowing down or if a few years of enforcement had corrected driver behaviour.

Police representatives told the finance committee recently that as enforcement hasn't increased, and overtime costs for officers is actually 8.4 per cent lower so far this year compared to the first quarter of 2015, it's unlikely that police presence drove the decline in tickets.

They said infractions are trending downward and they expect that trend to continue.

If it does, Gillingham said, it could affect how speed enforcement is carried out and maybe even shift the police's budget priorities.

He added that as it's only the first quarter of 2016 that police currently have data for, the next few reports will be more indicative of whether the behaviour adjustment is a real trend or not.

Three Amigos in town

OTTAWA

Brexit at forefront of North American leaders' meeting

North American leaders meeting in Ottawa this week are being confronted with the seismic economic ripples caused by Britain's decision to leave the European Union.

Canada and Mexico must also take the opportunity to strengthen their bilateral co-operation as a counterweight to an incoming U.S. administration that may be anti-trade and inward-looking about American interests, experts say.

Those thorny issues will lurk beneath the surface of what will be an attempt by the so-called Three Amigos summit to announce a new mechanism that keeps Canada, the U.S., and Mexico co-operating closely after President Barack Obama leaves office in seven months.

Prime Minister Justin Trudeau and Mexican President Enrique

Pena Nieto will join Obama in the trilateral meeting, before Obama addresses Parliament later on Wednesday.

Their three-way bonhomie swims against a current of global disengagement in the U.S. presidential election. The presumptive Republican nominee, Donald Trump, has talked about new trade barriers and criticized international military co-operation, while his Democratic rival, Hillary Clinton, has opposed the Trans-Pacific Partnership deal.

Now, the Brexit vote, which marks the start of an unprecedented negotiation to take Britain out of the EU, provides a stormy backdrop to the carefully crafted, sunny script of North American co-operation and solidarity to be delivered by Trudeau, Obama and Pena Nieto.

Trudeau's environment minister, Catherine McKenna, told CTV's Question Period on Sunday the contrast between Britain's exit and growing North American co-operation will buttress the Three Amigos theme.

THE CANADIAN PRESS

It's a great message to the world that we're working together, we believe in trade, we have progressive governments.

Catherine McKenna

Trudeau's environment minister, Catherine McKenna, told CTV's Question Period on Sunday the contrast between Britain's exit and growing North American co-operation will buttress the Three Amigos theme.

THE CANADIAN PRESS

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Syrian refugee student Abu Bakr al Rabeeah and English teacher Winnie Canuel in Edmonton on Wednesday. The pair are launching a book called *Homes*, which was written in collaboration. JASON FRANSON / THE CANADIAN PRESS

EDMONTON

Refugee's tale with help from teacher

What's your secret wish?

That's the first question teacher Winnie Canuel asks her students at the start of English as a second language classes at her Edmonton school.

For Abu Bakr al Rabeeah, an Iraqi refugee from Syria, there were two answers. First, he wanted to be a soccer player. But second, and perhaps more urgently, he wanted to tell his story.

This week, that wish was realized in a way the soft-spoken 15-year-old never imagined: it was published in a book.

Al Rabeeah and Canuel began working together last fall, about six months after his family arrived in Canada as 10 of the 23,000 Iraqi refugees who've

It's ultimately about a love of a family and the resiliency of the human experience. Winnie Canuel

settled here since 2009.

As they talked, he relayed stories of his early childhood in Iraq, such as being slapped in the face by his Grade 2 teacher for being a Sunni Muslim.

Escalating tensions between Sunnis and Shias forced his family to flee Iraq and seek refugee status in Syria in 2010.

The next year, the Syrian civil war broke out. Every night at dusk, he told Canuel, a sniper would climb to the roof of his family's apartment building and use it as a base to fire at anti-

government rebels living in the streets below.

His family lived with the war for three years before being brought to Canada.

During their discussions, his English grew stronger and so did his confidence. In Canuel, he said, he found a teacher he'd never have encountered at home.

"I trusted her," he said.

Canuel had long thought about writing a book of her own, telling friends she was waiting for the right story to find her. In listening to al Rabeeah talk about

his family and his experiences, she found it.

"Yes, there are massacres and car bombs in his background, yet it's ultimately about a love of a family and the resiliency of the human experience, that is what we should carry away from this," she said. "That's universal."

The novel they wrote together, called *Homes*, is now for sale in Edmonton bookstores and online.

For al Rabeeah, the goal is to help people understand that behind all the Syrian refugees now coming into Canada there are stories. Too many people only see him as a refugee, he said.

"It makes me feel outside of the community, not with them," he said. THE CANADIAN PRESS

WILD PLANET
CANADA DAY STAGE 2016

JULY 1ST
FRIDAY:

MOON - SILENT HIT
1:30 - GRAVE PARTY
3:00 - MAIN ST. ECOLES
4:30 - WHEN PLANETS ALIGN
6:00 - MOONMAN
7:30 - THE TIMS
9:00 - NASHVILLE REC. ARTIST
- RORY BOOGHOO
10:00 - ASA AND THE ASSOCIATES

JULY 2ND
SATURDAY:

MOON - DARK MESSIAH
1:30 - YER MUM
3:00 - HISBY PREAD
4:30 - THE LAST HORIZON
6:00 - THE LIMIT
7:30 - CHELSEA TRACTORS
9:00 - PANDA PLUG

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POLITICS

Canadian is Iceland's first lady

Voters in Iceland have elected a new president, and in doing so have made a Canadian woman the Nordic nation's new first lady.

Gudni Johannesson has been declared the winner of Sunday's vote, which means his wife will assume the first lady's role.

Eliza Reid — who grew up in the Ottawa Valley — met Johannesson when they were both studying history in England.

The pair moved to Iceland in 2003, married a year later and now have four children.

Reid, 40, who works as a writer and editor, recently said she believed her Canadian background helped her husband's campaign because she doesn't try to be something she's not, and that appeals to people.

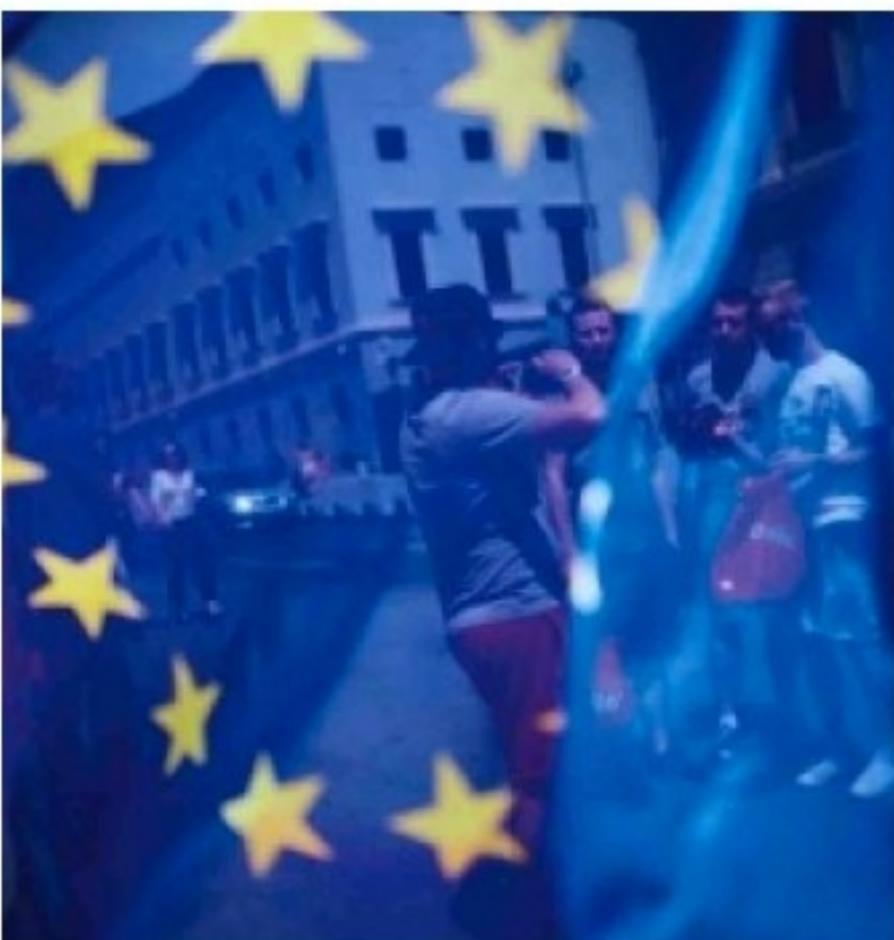


Gudni Johannesson with wife Eliza Reid, who is originally from the Ottawa area, and their five children. CONTRIBUTED

Johannesson — a history professor who has never before held public office — joined the presidential race in April with a promise to restore the nation's trust in

the political system after demonstrations called for the resignation of the prime minister amid a scandal involving offshore accounts.

THE CANADIAN PRESS



Tourists pose for a photograph in Madrid. The news of the U.K. vote to quit the European Union is leaving British expatriates filled with fear about their future. FRANCISCO SECO/THE ASSOCIATED PRESS

Expatriates are spooked by Brexit

POLITICS

Britons living in EU worried about their futures

Tad Dawson's pub in this Spanish vacation town was doing a brisk business in the summer sun. The only dark clouds he saw were coming from the bar's TV, tuned to a British news channel.

Inside the Yorkshire Pride were many British tourists watching the screen as their prime minister announced his resignation Friday after the U.K. voted to leave the European Union.

“We've lived in Spain for a lot of years. We don't know how it's going to affect us. **Tad Dawson**

Dawson, a 51-year-old Englishman who has lived in Spain since the 1990s, admits the decoupling of Britain from the EU other 27 member nations has him spooked.

His future is suddenly uncertain.

"We're very scared because I've been here 23 years. I've got my house, my kids were born here, they went to a British-Spanish school, I've got a bar, I've got a lot to lose," Dawson said at his pub, which was decked out with

the red-and-white English flags featuring the St. George's Cross.

EU leaders are due soon to begin unprecedented, and knoty, negotiations on how to extricate the U.K. from the bloc. Crucially for British expatriates, EU laws stipulate that the bloc's citizens have the same rights as those nationals in any other member nation.

Nobody is saying what the rights of Britons living in the EU might be in a future outside the bloc. Dawson worries about losing his entitlements in Spain, which is part of the EU.

"We don't know how we're going to be now," he said. "We might have no pension. We might have no medical. We may have to sell our properties.

POLITICS

Scotland threatens to block U.K. change

Britain's shocking decision to remove itself from the European Union brought more political turmoil Sunday as Scotland's leader threatened to block the move and the Opposition Labour Party's leader veered dangerously close to losing his post.

The sense of unease spread as European leaders stepped up the pressure on Britain to begin its complex exit from the 28-nation EU immediately, rather than wait several months as



Scotland's First Minister Nicola Sturgeon AFP/GETTY IMAGES

British Prime Minister David Cameron prefers.

With London's jittery stock market set to reopen Monday, the leaders of the successful campaign to leave the EU stayed largely out of the public eye.

If they were silent, Scotland was not. Popular First Minister Nicola Sturgeon said she would "consider" advising the Scottish Parliament to try to use its power to prevent Britain from actually leaving the EU. She said Scottish lawmakers might be

able to derail the move by withholding "legislative consent" for a British exit, or Brexit.

Sturgeon said she believes Scotland's approval is required for the move but conceded the British government would likely take "a very different view."

Cameron said that he will resign as prime minister when the Conservative Party chooses a new leader, who will be charged with implementing the separation from the EU.

THE ASSOCIATED PRESS



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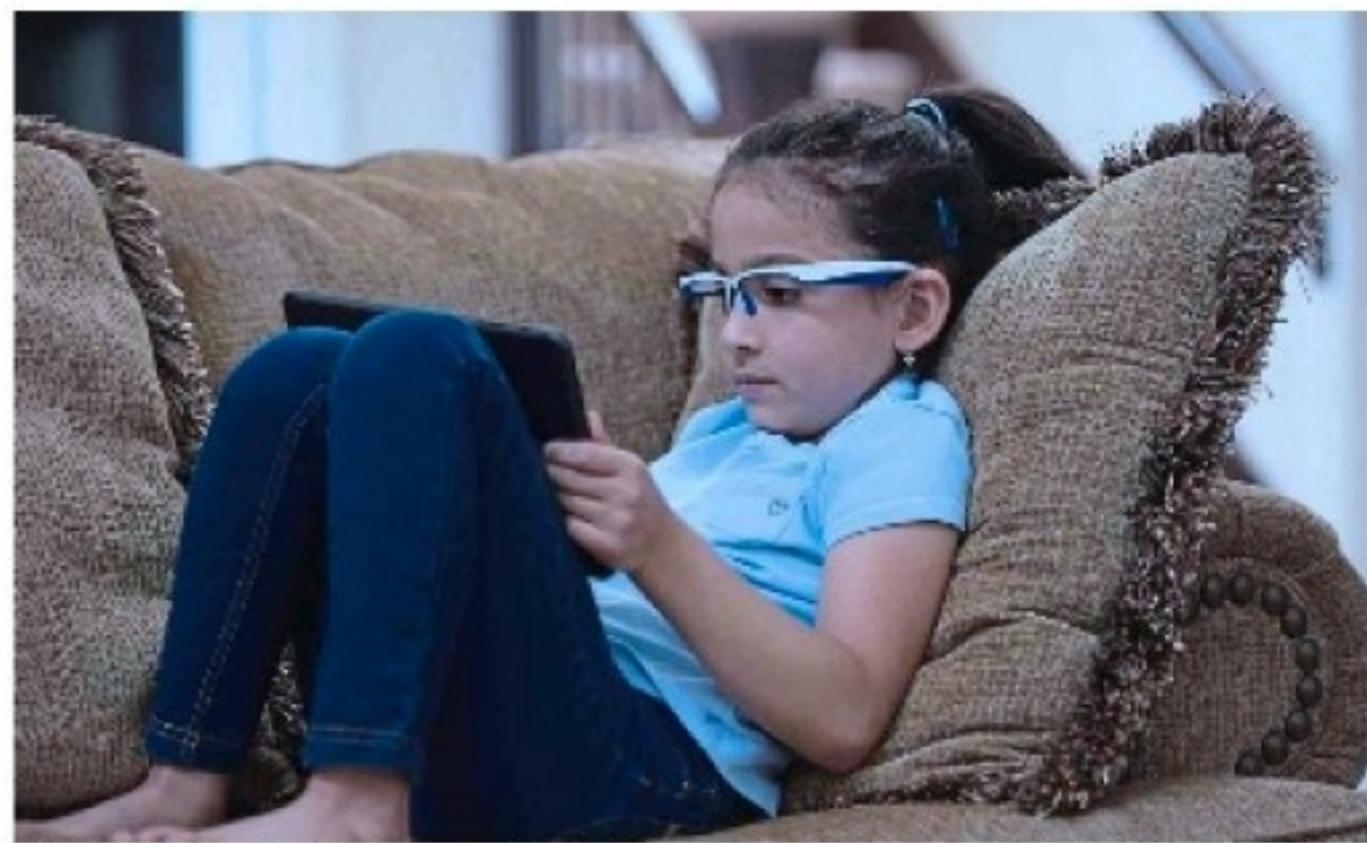
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Liliya Sahiholnasab, 6, uses a special pair of glasses designed by Dr. Vahid Sahiholnasab to help correct her posture at her home in Richmond, B.C. THE CANADIAN PRESS

Wearable tech offers new cure

HEALTH

Vancouver doc tells patients technology is good for them

When patients visit Dr. Vahid Sahiholnasab for a routine check-up, he often asks to review their electronic fitness trackers.

He is learning that integrating new gizmos into health regimens can be a steeper climb than convincing people to walk 10,000 steps each day.

"It's strange territory," said Sahiholnasab, who is also a clinical instructor at the University of British Columbia. "You're going to find a lot of resistance."

Even so, the Vancouver doc-

tor is on a kick to persuade the population that technology is good for their health.

He's among a group of entrepreneurs in B.C. who are developing innovative gadgets that can be worn, a rapidly advancing market known as "wearable technology."

Sahiholnasab has designed a pair of high-tech glasses to prevent children from developing bad posture while playing with devices like smartphones and video games.

He's tackling a problem identified by a Dutch spinal surgeon that's been dubbed "Game Boy Disease," where kids are increasingly complaining of neck and back pain.

His wearable product, called the EyeForcer, sends a warning to slouching children and shuts the game down when they've hunched over too many times.

"Whether we want it or not, we are heading toward wide use of technology in health care," said Sahiholnasab, whose company is called Medical Wearable Solutions.

Other B.C. inventors putting wellness into people's hands have also discovered that cool ideas aren't always snapped up.

"It's all a little unknown," said Paul Fijal, head of product development with Awake Labs, whose team is developing a wearable band for people with autism.

The bracelet, called Reveal, is equipped with sensors that measure and track physiological signals in real time, providing information on emotions and behaviour. Parents and caregivers can better read, for example, whether the wearer is feeling high anxiety.

THE CANADIAN PRESS

JAMES "WHITEY" BULGER

Gangster's goods fetch \$100K

A rat-shaped pencil holder and a sterling silver "psycho killer" skull ring were among the belongings of gangster James "Whitey" Bulger that pulled in more than \$100,000 US at a court-ordered auction to raise money for his victims.

Hundreds of items belonging to Bulger and his longtime girlfriend, Catherine Greig, were up for bid at Saturday's auction in Bulger's South Boston hometown. The proceeds, totaling \$109,295 US, will be split among the families of Bulger's victims, including 20 people

killed by Bulger and his gang and several extortion victims.

Bulger's coveted rat-shaped pencil holder, a nod to the gangster's longtime status as an FBI informant, sold for \$3,600 US, according to The Boston Globe. The skull ring, one of the auction's prized items, brought in \$5,200 US. The gangster's gold and diamond Claddagh ring, appraised at \$10,000 US to \$15,000 US, fetched the highest price of the auction: \$23,000 US.

South Boston attorney Richard Lane, a close friend of

Greig's twin sister, Margaret McCusker, paid \$110 US for framed photographs of Bulger and Greig's beloved pets. Lane said he would give the photos to McCusker to "keep them in the family."

Those items and more revealed Bulger's domestic life in hiding with Greig.

Bulger, now 86, was convicted of a host of charges, including participating in 11 murders, during a 2013 racketeering trial. He is serving a life sentence.

THE ASSOCIATED PRESS

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URBAN ETIQUETTE **ELLEN VANSTONE**



Dear Ellen,
I sent out an invitation to friends and family to attend my team's roller-derby bout. I mentioned I'm not playing, but it would be great to get their support. It also happens to be my birthday but no one has confirmed. Should I have been more forthright and said it was my birthday and this is how I wanted to celebrate it? I am nearing 40, and birthday parties are getting old, but I was hoping this was a way to get friends and family together. I almost feel like people forgot it's my birthday, and I feel awkward having to remind them.

Signed,
RollerGirl

Dear RollerGirl,

Make no mistake. You're feeling "like people forgot" your birthday because they did.

But why take it personally? And why expect anyone to come to an event that you're not even competing in, especially when they don't know why you asked them?

Before we address the etiquette question, though, let's address what you want on a purely emotional level.

You have a choice between two unpleasant states: feeling embarrassed and slightly resentful that you have to remind people it's your birthday or feeling irritated

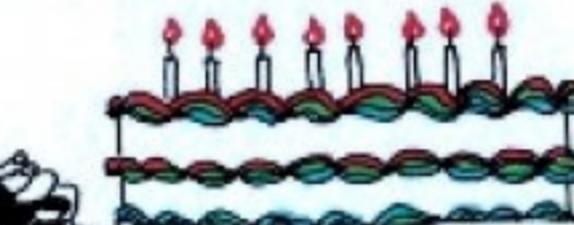
The internal mess you're creating for yourself stems from wanting something from people who have no way of knowing what you want.

THE QUESTION

I invited people to a birthday party without making clear that it was a birthday party. None of the invitees has confirmed. Should I have been more clear about the birthday part?



I JUST WANNA
FEEL LOVED
FOR MY BIRTHDAY



© Ani Castillo

and totally resentful when everyone forgets it's your birthday and declines your invitation to a roller-derby-themed birthday celebration that, so far, exists only in your own head.

You see the problem here? I think you do, because you yourself spell it out in your letter: "Should I have been more forthright and said it was my birthday and this is how I wanted to celebrate it?" The answer, R-Girl, is "yes."

The internal mess you're creating for yourself stems from wanting something from people who have no way of knowing what you want.

want, which is the recipe for disaster in all relationships.

If you are a Knight of the Round Table, or a hero in a Thomas Hardy novel, or an all-purpose, self-styled relationship martyr, you may find solace in silent suffering accompanied by a feeling of superiority at your Olympian powers of repression.

But if you are an emotionally healthy grown-up, you will shun these unnecessary agonies and simply ask for what you want, in a direct and respectful manner. Sure, you might feel silly asking for a birthday party, but there's no shame in it. In fact, it's extremely

polite to do so, in order to save friends and family from feeling bad later if they've forgotten.

Being clear about your innermost desires — within the bounds of good taste and the law, at least when it comes to public events — shows excellent manners. It gives the people in your life a fighting chance of not being resented or despised for not being able to read your mind.

So party on, RollerGirl, and happy birthday.

**Need advice?
Email Ellen:
scene@metronews.ca**

ROSEMARY WESTWOOD



What will the Brexit result do to the London I knew?

"F---king c--ts."

That was the first message I got, hours after the Brexit vote, from a once-proud Yorkshireman who could not believe it.

"I'm at a wedding," he wrote. "Then I'm leaving my country for a place which isn't dictated by fear and xenophobia. I am so f---king upset. I actually cried. Which is a hard thing for me to do." (I would have thought near impossible.)

"They've doomed a generation."

"They" would be the northern, economically challenged, older and less educated British who polls say made up the bulk of the "leave" camp, whose victory in last Thursday's referendum figures to tear the U.K. out of the European Union.

This friend, like everyone I know in the U.K. — maybe a hundred or so Gen Yers and millennials — was furious. The scope of their lives had shrunk to a pea. Or so it seemed.

From 2010 to 2012, I lived in a cramped flat in a crumbling old council house, London's ubiquitous social housing developments, with a rotating list of broke international riff-raff. We were Danish and Italian, Australian, English, Canadian. Rent was so high the living room was a bedroom. And in packing ourselves into a tinderbox of a kitchen for dinners (Styrofoam ceiling tiles can't possibly be to code) we made

a family. Datchett House, on Virginia Road in East London, became Dats--t, our beloved dump of a home.

The city — its crippling cost of living, its war zone of a Tube rush hour, its superiority complex and its brutal loneliness — sent home in tears anyone who lacked the fortitude or foolishness to keep going. Those who stayed made it better. We worked hard at jobs we loved, and some we hated, and paid rent and taxes and bought groceries and filled the pubs. We took the crazy transit routes, and sang in choirs and befriended corner-store clerks. We were a part of our communities. A good part. A financially beneficial part: One 2014 study found EU immigrants paid more in taxes than they received in benefits, and contributed £20 billion over 10 years.

Most of my friends, and many observers, believe the refugee crisis and immigration are behind the decision that seems to have upended a continent. But xenophobia is wholly at odds with the London I knew, the antithesis of my little, dilapidated flat. Internationalism is the birthright of my generation, or at least, we thought it was.

Yorkshire, my friend's "selfish" county in the northeast, voted leave.

"I'm handing in my Yorkshire passport," my friend wrote, and I couldn't tell how hyperbolic he meant it. "No longer a Yorkshireman."

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"To see a Bill Cunningham street spread was to see all of New York." New York Times Executive Editor Dean Baquet said on Twitter Saturday. Cunningham, a longtime fashion photographer for the Times known for taking pictures of everyday people on the streets of New York, has died. He was 87.

No sleep for the lucky few

HEALTH

Why some people don't need to snooze for eight hours

Stats show the average Canadian sleeps for eight hours and 18 minutes, which would be a bit of a nightmare for Alastair Summerlee.

He has slept a maximum of four hours a night, waking at 40-minute intervals, his entire life. On the rare occasion, usually after cutting down to just two hours, he might crash for six.

"When I wake up, I feel like death," Summerlee, 63, says of those unusually long sleeps. "I'm assuming that's what (other) people are like when they wake up in the morning."

Though many try to cut back on sleep, the ability to thrive—not just survive—with only a few hours of sleep is rare, shared by an estimated 1 per cent of the population. Scientists have started to study their genetics and behaviour of these natural "short sleepers," to unlock some of the mysteries of sleep regulation and its effect on human health.

Sleep deprivation in most people means grumpiness, brain fog and impaired motor function. But many short sleepers have a genetic anomaly that allows them to jump out of bed after a few hours. They are often described as preternaturally optimistic, energetic and happy.

Whatever the body does dur-



For most, sleep deprivation can have serious consequences, says Sunnybrook Hospital sleep neurologist Dr. Andrew Lim, who has published research linking fragmented sleep to the risk of Alzheimer's disease and stroke in older adults. But many short sleepers have a **genetic anomaly** that allows them to jump out of bed after a few hours. ISTOCK

ing sleep is critical for health. Long-term health consequences of chronic sleep deprivation include an increased risk of heart disease, stroke, diabetes, obesity, depression and dementia. But short sleepers are seemingly exempt.

"They can do this, lifelong, without paying any price," says Dr. Ying-Hui Fu, a geneticist and professor of neurology at the University of California, San Francisco School of Medicine, who studies natural short sleepers. Fu believes genes, not habits

or wishes, determine the need for sleep.

"A lot of people say, 'I trained myself to do this,'" says Fu, who gets seven hours of sleep but prefers eight. "Maybe they can do that for 20 years but then develop this problem or that problem. They often don't even know it's because they're chronically sleep-deprived."

Through recruitment for a study on early risers, Fu's team found two members of a family who were both "morning larks and night owls" and slept about

six hours a night, two hours less than the North American average.

Exome sequencing, in which expressed genes are mapped, showed these short sleepers had the same mutation on the DEC2 gene, which influences the circadian clock. Mice bred with the mutation experienced shorter periods of both REM and non-REM sleep, and recovered faster from sleep deprivation.

The findings were published in the journal *Science* in 2009, after which numerous natural

short sleepers contacted Fu, who now has about 100 participants in her ongoing study. Some are healthy and vibrant at advanced ages, including one woman who was still volunteering in her 90s after sleeping only five hours a night. (Fu has since identified other, non-DEC2, genetic mutations associated with short sleeping.)

TORSTAR NEWS SERVICE

SHORT SLEEPERS

These seemingly bionic high-achievers may be "habitual short sleepers," as opposed to their genetic counterparts

Margaret Thatcher
Britain's prime minister claimed to sleep only four hours a night, a fact often held up as a symbol of her determination and willpower.



Thomas Edison
The inventor of the light bulb disdained the need for sleep. "Sleep is an absurdity; a bad habit," he has been quoted as saying.



Donald Trump
The presidential wannabe has boasted he sleeps as little as possible. "I like three hours, four hours, I toss, I turn, I beep-beep, I want to find out what's going on," Trump said last year.



Marissa Mayer
The Yahoo CEO reportedly managed a massive workload while an executive at Google by working 130 hours a week and pulling weekly all-nighters.



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WHY I LIKE MY JOB

Alison MacKenzie, 27, Neighbourhood Convener with Agincourt Community Services Association and Project Manager with Building Roots - Toronto, ON

My passion is community development. The job entails collaborating with local residents, service providers and community stakeholders to coordinate social change around neighbourhood priorities and concerns.

Although I achieved my Master of Social Work from the University of Toronto, there are plenty of opportunities for volunteers and college/bachelor's degree graduates to expand their careers in community services. Most recently, I partnered with the city, employment centres, community agencies and residents to plan a unique training program for underemployed and unemployed professionals in the food sector. I have also worked with a diverse range of professionals to organize and facilitate initiatives that help residents better connect with their communities.

Starting out in this field can be as simple as volunteering. My first experience was supporting newcomers as they arrived in Canada. I found it very meaningful to support others while working alongside like-minded members of the community. The more I volunteered, the more I realized I could leverage my creativity and skills in social work to help people in many different ways. I believe you can really build the career of your dreams in community services, as there are plenty of opportunities to explore and endless areas of the community to serve.



THE BASICS: Community Services Worker

\$36,618

Median wage of community services workers and social workers. Some workers in this field can earn up to **\$54,000** as they advance to roles as counsellors, community engagement workers and program planners/facilitators.

+12.8%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, statcan.gc.ca, onetonline.org and jobbank.gc.ca

HOW TO START

A career in this field generally requires a community services worker (CSW) or social service worker (SSW) diploma from an accredited college, or a bachelor's or master's degree in social work (BSW/MSW). Previous experience as a volunteer can support applications to some post-secondary programs and occupations in community-focused environments, including refugee centres, homeless shelters and social innovation hubs.

WHERE YOU CAN GO

The recent call for more community and social service workers has stemmed from an influx in social needs, a growing population and increase in community organization funding. Graduates and experienced volunteers can find rewarding work in group homes, rehabilitation centres, community facilities and non-profit organizations.

NEXT CAREER STEP

Having at least one year of steady experience builds a healthy foundation for career advancement. Advancement to such occupations as family and marriage counsellors, probation officers, and program planners and facilitators can be achieved with additional training. CSW graduates may also apply for the Registered Social Service Worker (RSSW) designation to put their social services skills to use in the workplace.

AUSTIN CLARKE

Giller Prize winner dies at 81

Austin Clarke, the Toronto-based writer who won the Scotiabank Giller Prize and the Commonwealth Writers Prize for his 2002 novel *The Polished Hoe*, has died. He was 81.

Clarke frequently wrote about the immigrant experience and being black in Canada. He was born in St. James, Barbados, and moved to Canada in 1955 to attend the University of Toronto. He soon

turned to journalism and subsequently to fiction.

During the late 1960s and early '70s, Clarke became a visiting lecturer at a number of major U.S. universities. He also worked as a cultural attaché to the Barbadian Embassy in Washington.

In 1997, his novel *The Origin of the Waves* won the Writers' Trust Fiction Prize. And his 1999 novel *The Question*

was nominated for the Governor General's Award. In 1998 Clarke was made a member of the Order of Canada.

His latest book, a memoir called *Membering*, was published last year.

Clarke's publicist says he died in hospital early Sunday morning. A large funeral service is planned for July 9 at Toronto's St. James Cathedral.

TORSTAR NEWS SERVICE

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metro SPORTS

The Reds formally retired Pete Rose's No. 14 on Sunday, capping a big weekend for baseball's hits king

Jets fuel up at draft, select Laine at No. 2

NHL

Top-ranked Finn turns his attention to playing in 'Peg

The Winnipeg Jets added some scoring sizzle Friday in the NHL draft.

Finnish winger Patrik Laine, taken second overall, looks primed to deliver goals right now. Towering defenceman Logan Stanley, chosen 18th, likely needs time to grow into his game.

NHL Central Scouting ranked Laine No. 2 among European players behind centre Auston Matthews, who played for Zurich last season.

Laine joins Kari Lehtonen and Aleksander Barkov as the highest Finns ever drafted into the NHL.

At six-foot-four and 201 pounds, the 18-year-old Laine has size as well as a wicked shot.

"An extremely skilled winger with size, speed, hockey, sense and competitiveness," said Dan Marr, director of Central Scouting. "He is a natural scorer who possesses an NHL-calibre shot. Laine is a tough competitor to play against and even harder to check, an offensive threat every time he is on the ice."

A happy Laine said he just wants to focus on Winnipeg and practising.

"I've heard it's pretty cold out there and it's a big city and



Patrik Laine dons a Jets jersey at the NHL draft on Friday in Buffalo. BRUCE BENNETT/GETTY IMAGES



He's someone we really believe is just scratching the surface.

GM Kevin Cheveldayoff on Logan Stanley

a nice city," he said.

The Jets traded up to the 18th overall pick to take Windsor's Stanley. Winnipeg also acquired the 79th overall pick in this year's draft from the Philadelphia Flyers for the 22nd and 36th overall selections.

The six-foot-seven, 225-pound Stanley, a fan of Predators blueliner Shea Weber, doesn't expect to grow any taller but is looking to fill out.

"I'm happy to be part of it," the 18-year-old from Waterloo, Ont., said of joining the Jets organization.

The Jets' second first-round pick was obtained from Chicago (22nd overall) in the deal that sent captain Andrew Ladd to the Blackhawks in February.

The Jets loaded up on defence on Day 2 of the draft Saturday. They selected Saint John defenceman Luke Green (third round, No. 79) and Swedish defenceman Jacob Cederholm (fourth round, No. 97) as well as Calgary centre Jordan Staal (fourth round, No. 127) and Russian goalie Mikhail Berdnikov (sixth round, No. 157).

THE CANADIAN PRESS

FRIDAY At IGF

22 **14**
ALOUETTES BOMBERS

page lasted about an hour and resumed after players had a quick warm-up.

Montreal's Boris Bede hit field goals from 41 and 47 yards and added a pair of converts. Backup quarterback Brandon Bridge plunged in for a one-yard TD and Green hung onto an eight-yard touchdown toss.

Bede and Winnipeg kicker Justin Medlock each conceded a safety.

Medlock had a 47-yard field

added a 62-yard punt single.

Winnipeg receiver Darvin Adams eluded a tackler during his 63-yard TD reception, which was followed by a two-point convert catch by Quincy McDuffie with under three minutes to go in the game.

Glenn completed 30 of 42 pass attempts and had an interception. Winnipeg quarterback Drew Willy was 26 of 35 for 251 yards with a TD and a pick.

THE CANADIAN PRESS

SOCER

Griezmann rallies France over Ireland

France, Germany and Belgium sealed their places in the quarter-finals of the European Championship on Sunday as three of the pre-tournament favourites lived up to their promise.

There was a scare for the host nation after Ireland scored a second-minute penalty, but Antoine Griezmann struck twice after the break to give France a deserved 2-1 victory in Lyon.

While France was made to work hard to advance, Germany had no such difficulties in a polished 3-0 victory over Slovakia, while Eden Hazard inspired Belgium to what ended up as a crushing 4-0 win over Hungary.

The goals and the quality of the soccer over the three games were a marked improvement on the dire performances witnessed on Saturday when

EURO 2016
ROUND OF 16

Poland, Wales and Portugal advanced.

The relief was palpable at the Stade de Lyon after France finally overwhelmed an Ireland side that had led through Robbie Brady's penalty kick, after France midfielder Paul Pogba bundled Shane Long to the ground.

Ireland chased for every ball and worked tirelessly to defend its slender lead. But Griezmann's two goals in the space of three minutes midway through the second half saw the natural order restored, and a red card for Shane Duffy in the 66th minute all but ended the contest. THE ASSOCIATED PRESS

MLB

Sale keeps Jays in check for 13th W

Chris Sale pitched eight innings of two-run ball to become the majors' first 13-game winner, and the Chicago White Sox beat the Toronto Blue Jays 5-2 on Sunday.

Tim Anderson and J.B. Shuck homered to help Chicago take two of three from slumping Toronto, which has dropped five of seven.

The

Chris Sale
GETTY IMAGES

White Sox returned to .500 (38-38) with their fifth win in seven games.

Sale (13-2) allowed five hits, struck out seven and walked two.

Troy Tulowitzki and Junior Lake hit home runs for the Blue Jays (41-36).

THE ASSOCIATED PRESS

RACING IN BRIEF

Stroll collects his third win of Formula 3 season

Canadian Lance Stroll won his fifth FIA Formula 3 European Championship race of the season Sunday in Nuremberg, Germany.

Stroll held off rookie driver Anthoine Hubert to win the turbulent race.

The Montreal native increased his lead in the overall drivers' standings to 86 points over Maximilian Günther, who finished fifth on Sunday. THE CANADIAN PRESS

Power hangs on for victory

Pole-sitter Will Power has picked up his second IndyCar series victory of the year, winning by 0.74 seconds Sunday after holding off Tony Kanaan's last-lap surge at Road America in Elkhart Lake, Wis.

Power cruised from the front for much of the afternoon before the race reset for the leader with six laps to go following the only caution flag of the day.

THE ASSOCIATED PRESS

CFL

Bombers drop season opener to Als

Kevin Glenn threw for 332 yards and a touchdown to veteran S.J. Green as the Montreal Alouettes defeated the Blue Bombers 22-14 Friday night in a game that was delayed because of lightning.

The CFL season-opener for both clubs at Investors Group Field was put on hold with 6:57 left in the first quarter as an approaching weather system brought lightning and then thunder and rain. The stop-

page lasted about an hour and resumed after players had a quick warm-up.

Montreal's Boris Bede hit field goals from 41 and 47 yards and added a pair of converts. Backup quarterback Brandon Bridge plunged in for a one-yard TD and Green hung onto an eight-yard touchdown toss.

Bede and Winnipeg kicker Justin Medlock each conceded a safety.

Medlock had a 47-yard field

added a 62-yard punt single.

Winnipeg receiver Darvin Adams eluded a tackler during his 63-yard TD reception, which was followed by a two-point convert catch by Quincy McDuffie with under three minutes to go in the game.

Glenn completed 30 of 42 pass attempts and had an interception. Winnipeg quarterback Drew Willy was 26 of 35 for 251 yards with a TD and a pick.

THE CANADIAN PRESS

RECIPE Watermelon and Tomato Gazpacho



Ceri Marsh & Laura Keogh
For Metro Canada

On a hot, steamy night, if your oven could talk it would tell you to make this easy and sweetly simple gazpacho. It would also tell you to pair it with some crusty bread.

Ready in
Prep time: 10 minutes
Cook time: 1 hour

Ingredients

- 6 cups roughly chopped seedless watermelon, divided
- 3 cups roughly chopped tomatoes, divided
- 1 shallot, roughly chopped
- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1/4 cup roughly chopped basil, divided
- salt and pepper to taste

Directions

1. Toss 5 1/2 cups of the watermelon, 2 1/2 cups of the tomatoes, shallots, oil, vinegar, 2 tablespoons of the basil into a food processor and puree until smooth.
2. Transfer to mesh strainer and place above a large bowl. Strain the puree, pressing as much through as possible. Discard leftovers. Cover and chill for at least 1 hour.
3. Finely chop remaining 1/2 cup watermelon, 1/2 cup tomatoes and 2 tablespoons basil and mix together in a bowl. Pour soup into bowls and garnish with watermelon and tomato mix, and serve.

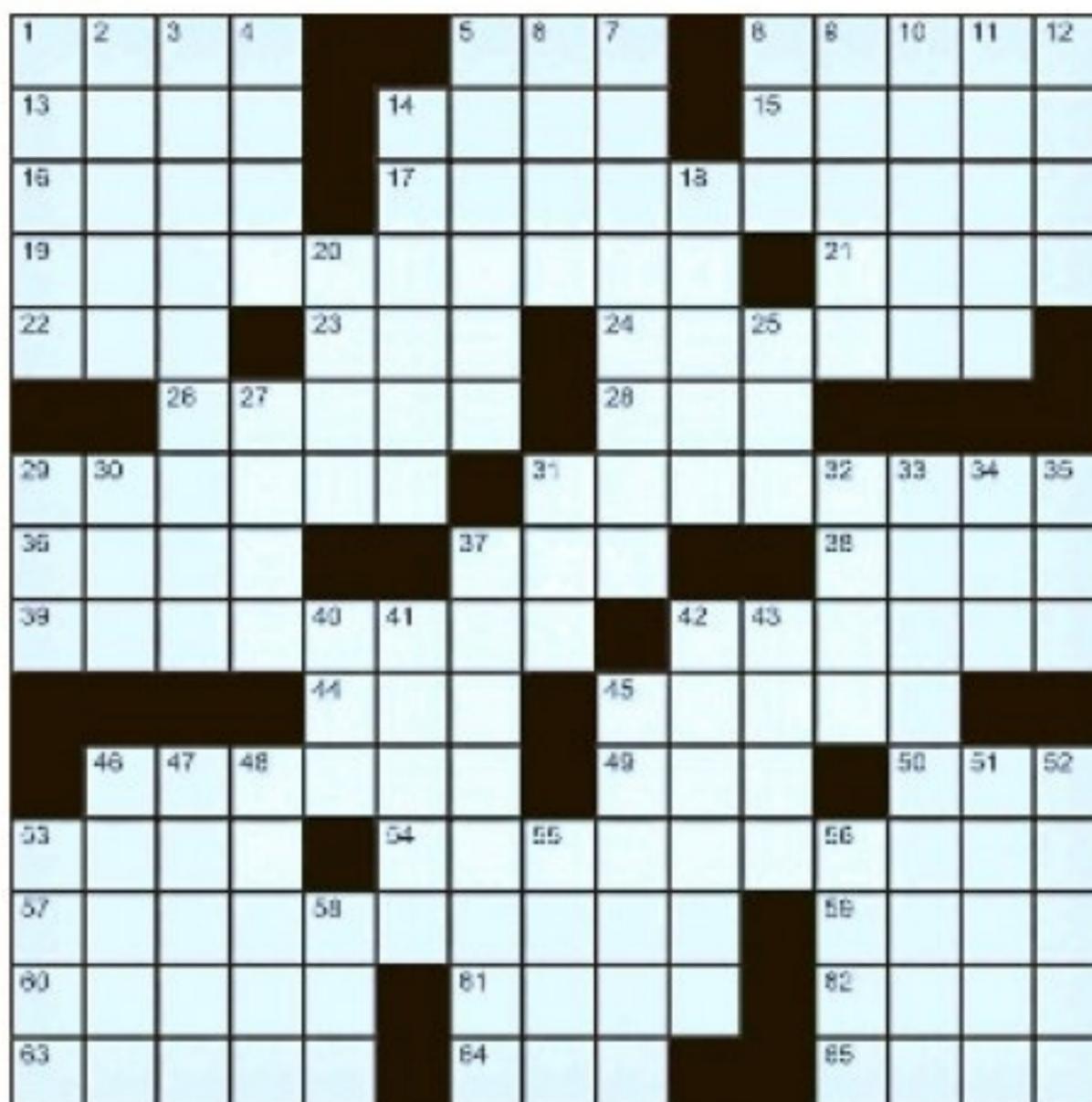
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Newfoundland as Nfld.
5. QB's cheers-getters
8. Royal horse racing spot in England
13. Yesterday: Italian
14. Volkswagen Karmann
15. Speedily
16. End Era link: 2 wds.
17. Converted from symbols to words
19. "By the Way" songstress/guitarist from Calgary: 2 wds.
21. Sigher's word
22. Addams Family relative
23. Letter's li'l jacket
24. Nick _ (Cop played by Adrian Holmes on Bravo's "19-2" ...more at #37-Down)
26. Start of a quiz show query, "True or _"
28. 'Fact' finisher
29. Czech composer, Antonin _
31. Battle: French
36. _ TV show (Broadcast)
37. Band-Aid reason
38. Jessica of Hollywood
39. The Witching Hour
42. 1960s British model
44. Forensic evidence
45. _ kebab
46. Grand _ (Istanbul marketplace)
49. Frying pan drizzle
50. However
53. Unaccompanied
54. In-the-clouds
55. Forensic evidence
56. Bohemian
57. Preppy tops: 2 wds.
59. Honey drink
60. Feminine inner self, in Jungian psychology
61. Radiate



DOWN

1. Garlic sauce
2. Quaintly suit
3. Wayne Gretzky's Ontario hometown
4. Orange-eating
5. _ been going in and out of style... - The Beatles, 1967
6. Stand-up comedian, Andrew _ Clay
7. Summer vessel
8. "Won-der-ful!"
9. _ of asparagus
10. Sophia Loren's movie producer
11. Husband Mr. Ponti (b.1912 - d.2007)
12. Cruise ship's

12. Mr. Danson's
14. Port city in Poland
18. 'P' of SVP
20. Ms. Ward
25. Dietary letters
27. Islands of Ireland
29. River barrier
30. Sundial number
31. Except...
32. Kind of wading bird
33. Space travel distance
34. Part of a journey
35. Ron of '60s show "Tarzan"
37. #24-Across' Montreal police partner played by Jared Keeso, Ben _
40. Peak of Crete, Mount _
41. Grind teeth together
42. Crave
43. Shrewd
45. Military foray
46. Grammy-winner Debby
47. _ fair in love and war
48. Enlarges the on-screen image
51. "Crazy on You" band
52. Strangely enough
53. E-Mail junk
55. Canadian _ (Military force)
56. Ms. Watson
58. Perhaps...

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5	2	9		3
	5	1	6	
2				
1	8			5
9			3	
3			7	8
	2			
1	8			5
9			3	
3			7	8
	2			
9	6	2		
	9	4	1	1

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*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20 Family discussions will go well today. However, do note that this is a good day for real-estate deals and possibly shopping for your home or a family member. Ka-ching!

Taurus April 21 - May 21 You can make money with your words today, which is good news for writers, actors, teachers and people who sell or market. You are diplomatic and charming!

Gemini May 22 - June 21 If shopping today, you will want to buy beautiful things for yourself and others. However, you also can think of ways to boost your income.

Cancer June 22 - July 23 Travel and a desire to "get away from all this" is strong today. Do whatever you can to seek escape in a pleasant way. "Be free!"

Leo July 24 - Aug. 23 Solitude in beautiful surroundings will delight you today. Do something to pamper yourself so that you feel special and glad to be alive.

Virgo Aug. 24 - Sept. 23 You might admire a friend today, especially someone who is creative and artistic. Relations with groups, classes and clubs are warm and friendly.

Libra Sept. 24 - Oct. 23 Some of you might develop a crush on your boss or someone in a position of authority today. Others will use their connection with authority to help someone.

Scorpio Oct. 24 - Nov. 22 Try to escape on a wonderful trip somewhere today if you can. But if you cannot travel, then at least be a tourist in your own city. Enjoy art created by others.

Sagittarius Nov. 23 - Dec. 21 This is a good day to ask for a loan or a mortgage, or to ask to borrow something from someone. In some fashion, you will benefit from the wealth and resources of others.

Capricorn Dec. 22 - Jan. 20 Relations with partners and close friends are sweet and tender today. It's easy for you to imagine what it's like to walk a mile in someone else's wedges. (Hence the mutual sympathy.)

Aquarius Jan. 21 - Feb. 19 You might develop a crush on someone at work today. Others will get a raise or praise from a boss. Whatever happens, this is a pleasant day.

Pisces Feb. 20 - March 20 Accept invitations to artistic events and social occasions because you want to have fun today! Romance is alive. Enjoy playful times with children as well.

metro

Tell us how you really feel.

Join our online reader panel and help make your Metro even better. metronews.ca/panel

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



What's your vehicle worth?

In different situations, what your vehicle is worth varies greatly.

Most of us use our current vehicle as a down payment towards a new, or new to us, vehicle. With that in mind, you should always start car shopping by arming yourself with the value of your ride. Once you know what your down payment could be, you're ready to start shopping! Here are some insider tips to trade in your ride at the perfect time to maximize value:

1 You can determine your trade-in value by going to www.valuemyride.ca. Powered by Canadian Black Book this site is the easiest and quickest way to determine how much your vehicle is worth on trade. Marketplace sites like Kijiji and Autotrader tell you what people are HOPING to sell their vehicle for. Don't get sucked into thinking the price asked is what is paid.

2 Most recently, the Canadian Dollar, as dismal as it is, has created some positives. Several dealerships purchase vehicles specifically with the intention of shipping and selling to the United States. This means they will pay more for these vehicles. Typically, these vehicles are heavy duty trucks, fully accessorized trucks, SUV's and higher end luxury vehicles. If that is you, it's a great time to see what your vehicle is worth. Who knows, with the incentives offered by many manufacturers, you could find yourself in a new ride at the

same or lower payments!

3 How much equity do you have in your car right now? There is a sweetspot and a pitfall to this question. If you have a long term car loan, at some point what you owe will be equal to, or more than what the vehicle is worth. In this scenario your option is to stay in your vehicle until paid, or bite the bullet and try to break even and get into a new vehicle. Those with higher payments and shorter loans, or overpaying on the car loan amount are in an optimal position. Typically very quickly the vehicle is worth more than what you owe. This extra money gives you positive equity to put towards the new vehicle.

4 When is your warranty up? Most of us take all of our service work to dealerships while our vehicle is on warranty. The dealership knows your vehicle history and can offer you a higher amount for your trade. Once your vehicle is off warranty most of us have a sense if the vehicle is going to last long term, and if we love the car enough to continue to drive it long term. Others may have a sense that the vehicle has had repairs covered by warranty and the vehicle is living on borrowed time before the next repair. Up to you, but as a vehicle is coming off warranty is a prime time to ask yourself the question – what's the value of my ride?

Vehicle Model Years	Vehicle Make and Model	Average Canadian Black Book Value
2009 - 2011	Chevrolet Cobalt / Cruze	\$5,900 - \$9,850
2012 - 2014	Toyota Corolla	\$11,150 - \$12,250
2009 - 2011	Chevrolet Malibu	\$8,400 - \$10,600
2012 - 2014	Toyota Camry	\$16,950 - \$22,000
2009 - 2011	Chevrolet Equinox	\$11,950 - \$15,950
2012 - 2014	Toyota Rav 4	\$19,700 - \$23,500
2009 - 2011	Chevrolet Tahoe	\$22,300 - \$33,750
2012 - 2014	Toyota 4-Runner	\$33,100 - \$40,050
2009 - 2011	Chevrolet Silverado	\$21,700 - \$27,250
2012 - 2014	Toyota Tundra	\$36,000 - \$39,750
2009 - 2011	Pontiac Torrent/ GMC Terrain	\$11,200 - \$15,950
2012 - 2014	Honda Civic	\$11,900 - \$15,500
2009 - 2011	GMC Acadia	\$15,150 - \$20,900
2012 - 2014	Honda Accord	\$12,200 - \$18,650
2009 - 2011	GMC Sierra	\$22,150 - \$27,800
2012 - 2014	Honda CRV	\$16,900 - \$21,400
2009 - 2011	Ford Focus	\$4,800 - \$6,800
2012 - 2014	Honda Pilot	\$28,050 - \$39,000
2009 - 2011	Ford Fusion	\$6,500 - \$8,550
2012 - 2014	Nissan Titan	\$20,700 - \$26,150
2009 - 2011	Ford Explorer	\$13,650 - \$25,400
2012 - 2014	Hyundai Sonata	\$10,500 - \$16,300
2009 - 2011	Ford F150	\$27,900 - \$34,800
2012 - 2014	Kia Sorrento	\$13,200 - \$17,600
2009 - 2011	Mazda 3	\$7,050 - \$9,900

Values for all makes, models and years can be found at valuemyride.ca